

# Aquatics

## Adult Fitness

Registration now available for water exercise classes.  
Classes are 60-minutes.  
Monthly fee varies, \$7 Drop-in per class.

### Shallow Water Exercise

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down. \*No Class 5/30. Beginning May 2nd, classes will begin at 8 a.m.

47892	15 yrs+	M	4/4-4/25	8:30-9:30 a.m.	KRC	\$20
47893	15 yrs+	T	4/5-4/26	8:30-9:30 a.m.	KRC	\$20
47894	15 yrs+	W	4/6-4/27	8:30-9:30 a.m.	KRC	\$20
47895	15 yrs+	Th	4/7-4/28	8:30-9:30 a.m.	KRC	\$20
47896	15 yrs+	M	4/4-4/25	5:30-6:30 p.m.	KRC	\$20
47897	15 yrs+	W	4/6-4/27	5:30-6:30 p.m.	KRC	\$20
47898	15 yrs+	M	5/2-5/23*	8-9 a.m.	KRC	\$20
47899	15 yrs+	T	5/3-5/31	8-9 a.m.	KRC	\$25
47900	15 yrs+	W	5/4-5/25	8-9 a.m.	KRC	\$20
47901	15 yrs+	Th	5/5-5/26	8-9 a.m.	KRC	\$20
47902	15 yrs+	M	5/2-5/23*	5:30-6:30 p.m.	KRC	\$20
47903	15 yrs+	W	5/4-5/25	5:30-6:30 p.m.	KRC	\$20

### Transitional Water Exercise

Challenge yourself to the next level of physical fitness. This non-impact class is performed in the deeper water and incorporates muscular strengthening aerobic conditioning and abdominal training exercises. A variety of equipment is used for buoyancy and water resistance. Participants have the option of working in deep or shallow water. Drop-in fee \$7 per class.

47913	15 yrs+	T	4/5-4/26	6:40-7:40 p.m.	KRC	\$20
47914	15 yrs+	Th	4/7-4/28	6:40-7:40 p.m.	KRC	\$20
47915	15 yrs+	T	5/3-5/31	6:40-7:40 p.m.	KRC	\$25
47916	15 yrs+	Th	5/5-5/26	6:40-7:40 p.m.	KRC	\$20

### Aquatics High Intensity Interval Training (H.I.I.T)

All levels High Intensity Interval Training class providing a high cardiovascular workout with low impact on joints. It's the ideal way to cross-train from your high impact/hard-hitting land workouts and still get a great cardio and strength session. Push through the water and not just float your way through it. So get in try some plyometric squats, round house kicks and speed bag punches. If you can't stay afloat, use a noodle for support behind your back. Drop in fee \$7 per class.

47890	15 yrs+	Sa	4/2-4/30	9-10 a.m.	KRC	\$25
47891	15 yrs+	Sa	5/7-5/28	9-10 a.m.	KRC	\$20

### Unlimited Water Fitness Program

Looking for a more flexible schedule to take a water fitness class? Sign up for the monthly unlimited water fitness program and create your own schedule with any of the classes offered during the calendar month. If you like water fitness and need a flexible class schedule, this is the program for you! Opportunities include Shallow Water, Transitional and H.I.I.T. classes. \*No Class 5/30. Monthly Fee: \$51. 480-350-5201

48014	15yrs+	M-Th & Sa	4/1-4/30	8:30 a.m.-7:40 p.m.	KRC	
48015	15yrs+	M-Th & Sa	5/2-5/31*	8:30 a.m.-7:40 p.m.	KRC	

## Adult Fitness



**American  
Red Cross**

*Together, we can save a life*

### American Red Cross Lifeguard Training

This is certification course for individuals who are interested in Lifeguarding. The course will include First Aid, CPR, as well as Lifeguard Training. Must be 15 years of age and be able to perform the swimming skills necessary to complete the course requirements. Fee: \$130. 480-350-5201

#### Class Dates: 1/21-2/5

47245	15 yrs+	Th	1/21, 1/28, 2/4	5:30-9:30 p.m.	KRC
	15 yrs+	F	1/22, 1/29, 2/5	5:30-9:30 p.m.	KRC
	15 yrs+	Sa	1/23, 1/30	8 a.m.-5 p.m.	KRC

#### Class Dates: 3/7-3/11

47246	15 yrs+	M-F	3/7-3/11	8 a.m.-5 p.m.	KRC
-------	---------	-----	----------	---------------	-----

#### Class Dates: 3/16-4/1

47247	15 yrs+	W	3/16, 3/23, 3/30	5:30-9:30 p.m.	KRC
	15 yrs+	F	3/18, 3/25, 4/1	5:30-9:30 p.m.	KRC
	15 yrs+	Sa	3/19, 3/26	8 a.m.-5 p.m.	KRC

### American Red Cross Lifeguard Training Review

This is a review course for individuals who currently hold an American Red Cross Lifeguard certification. The course will include a recertification for First Aid, CPR, and Lifeguard Training. Must be able to perform the precourse swimming skills, course requirement skills and the pass the written tests to receive recertification certificate. This certification is valid for 2 years. Fee: \$65. 480-350-5201

47889	15 yrs+	F	3/11	1-5 p.m.	KRC
-------	---------	---	------	----------	-----

### Starfish Swim Instructor

Swim instructor candidates will receive the training needed to teach courses in the SAI Starfish Swim Instructor Program. Candidates will learn how to help students develop correct stroke technique; develop an understanding of how to teach students at different levels, and water safety techniques. Course Prerequisites: Must be 16 years old and have a basic knowledge of the swimming strokes. Fee: \$130. 480-350-5201

#### Class Dates: 2/21-3/13

47269	16 yrs+	W	2/25, 3/4, 3/11	5:30-8:30 p.m.	KRC
	16 yrs+	F	2/27, 3/6, 3/13	5:30-10 p.m.	KRC
	16 yrs+	Sa	2/21, 2/28	8 a.m.-5 p.m.	KRC

**Check Out Upcoming Events!**

**[www.tempe.gov/familyfun](http://www.tempe.gov/familyfun)**